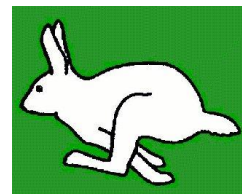


# THE HARRIERS HERALD

No. 217, March 2011

Editor: Sue Francis



## Contents, features, reports, results

- Thursday night schedules for March and April
- Correspondence received
- Boundary Run & Walk Roll of Honour – now on the Club notice board and website
- Running Life series – Pete H tells all about his running career
- Race results: Oxford Mail X-C – six Harriers race at Cirencester Park; Stamford Striders 30K – a windy race for Sus; Winter Tanners 50K and Stonehenge Stomp 40K walk events – Pete H trains for his Nepal trek; Winslow 10K – Simon enjoys a well-organised event; also results for Watford Half, Wokingham Half, Bramley 20, Meon Valley Plod
- Handicap Race – Colin takes the right route, and the trophy!
- Webmaster's article – Mo continues the 'running to music' debate, and features forthcoming races
- Thanks to Sus, Pete H, Simon and Mo for this month's contributions
- Copy date for next Harriers Herald – 31<sup>st</sup> March

## Thursday night schedule for March

Thurs	3 <sup>rd</sup>	Martin to lead
Thurs	10 <sup>th</sup>	Mo to lead
Thurs	17 <sup>th</sup>	Handicap Race
Thurs	24 <sup>th</sup>	Pete O to lead
Thurs	31 <sup>st</sup>	Richard to lead

## Thursday night schedule for April

Thurs	7 <sup>th</sup>	Handicap Race
Thurs	14 <sup>th</sup>	Gillian to lead
Thurs	21 <sup>st</sup>	Preparation for Compton Downland Challenge
Thurs	28 <sup>th</sup>	Sue to lead

## Correspondence received

Correspondence received		
Sender	Subject matter	Action
Epilepsy Society	Looking for London Marathon runners to raise money for them – charity places	Notice board
SEAA	Info. Update #131; Milton Keynes Road Relays (27-03-11)	File

## Boundary Run and Walk Roll of Honour

Simon Bolton, a long-term Club member who now lives in Aylesbury, has kindly prepared a Boundary Run & Walk 'roll of honour', listing all male and female winners since the event was first held in 1975. With the help of Dick, Sue, some old reports and the original trophies, Simon managed to obtain most of the winners' names and times and has prepared three 1-page documents: (1) History of the Boundary Run & Walk, with route descriptions; (2) Boundary Run winners (1975-present); (3) Boundary Walk winners (1993-present). These documents are now printed, laminated and displayed on our club notice board. They can also be viewed on our website.

## Running Life Series no. 2

### **Pete Humphreys**

The brief was write a history of my running career, easier said than done but here goes.

At Grammar School, athletics consisted of painting some white lines on the playing fields. No one knew if it was actually 400 metres all the way round but it would only be used a couple of times a year and was so bumpy that fast times were impossible. During the winter the football pitches were generally deemed to be waterlogged so cross country was introduced as an alternative. Being in the middle of the east end, the “country” part was actually a former landfill site. However, when a parent threatened to sue the school after his boy injured himself after falling on an object protruding from the ground, XC came to a halt.

Fast forward to 1981 and the inaugural London Marathon. Having read about what was then *the* big city race with a long pedigree – Boston - I cycled up to the event to see what all the fuss was about. Instantly hooked I decided that I'd like to have a go the following year. Back in those days the entry limit was circa 5,000 and thus I missed out on the ballot. Undaunted, plan B was to find the next best thing which, wait for it, was in Bolton! This was in the days when no-one south of Manchester had even heard of Fred Dibnah but in fact the grandly titled *Adidas British Marathon* had a bigger field than London. Race HQ was a former bus depot and Ron Hill was involved with it in some way. As an aside I saw him run his 100,000<sup>th</sup> training mile around the football pitch at Old Trafford some time later. Apparently he ran every single day of the year without fail during his career. As for the race, it was an undulating largely rural course and I finished in a time of 3:30.

Come 1983 and my first London. I decided to obtain sponsorship – big mistake it took me longer to collect the money than run the race. Muscular Dystrophy organised a reception at the finish for the fund raisers, my main recollection being walking up a long flight of steps and someone in a suit stuck his arm out and shook my hand. I looked up and it was Harry Carpenter. [Note for younger readers – he was BBC's boxing commentator for something like 30 years].

The next two years were something of a repeat – a London ballot rejection, another Bolton in 3:30 (but 4 seconds quicker than before, that's consistency), and then another London in 1985 in a PB of 3:03:30 and that was before chip timing! And all on less than 30 miles a week training. Although convinced with more training I could have got under 3 hours, I got married instead and my running career went into abeyance. Whilst still doing training runs, I entered few races until I joined IAH in 2002. Following my first IAH relay Sue suggested I join the Harriers. Convinced I'd be the slowest member it took a year of badgering before I finally joined. It wasn't until 2007 that I tackled another marathon, 22 years after the previous one, in a time of 3:45. Two more followed each in a faster time so the task this year is to beat 3:28 in April.

Some of the more bizarre races I've done include:-

- The one and only M25 Half Marathon (shortly before the Essex section was opened).
- The Horndon-on-the-Hill Easter race (which finished at a pub where, after the race, a concrete hot-x bun was hung from the ceiling).
- The Westminster Mile (at which Jan twisted her ankle whilst spectating).
- Organising the Minet Insurance staff race (the prize giving had to be delayed whilst we searched for the managing director's son who got lost on the course).

Mentioning my time at Minet's, I should feature a couple of unusual training runs. The first involved running through Rotherhithe Tunnel. Whilst there is a footpath, I hadn't factored in the traffic fumes with the result that one of the guys had to be virtually dragged out of the tunnel gasping for breath. The second was our Thames run which involved running along as much of the shoreline as possible through central London at low tide. You'd be surprised at the quality of the sand in some spots. Another staff race of note was whilst working for a company called Hoskyns. It was staged at Haworth in Yorkshire, and early on I was actually in the lead – until a policeman on traffic duty pointed me in the wrong direction at a road junction.

Since my job at IAH has meant me switching to its Pirbright site, getting to the Pickled Pig on a Thursday night has become problematic; hence I'm now also a member of my local club, Finch Coasters. Deciding which team vest to wear in races provides a fashion challenge, albeit Compton remains my first claim club. So there it is in a nutshell, with special thanks to Sue for encouraging me to restart running.

## *Oxford Mail x-country – Cirencester Park, 6<sup>th</sup> February*

**Sue**

There was a good showing of Harriers for the 4<sup>th</sup> Oxford Mail race round the scenic, but challenging, Cirencester Park route on a bright but blustery morning. Each lap starts on flat parkland before entering the woods and weaving downwards into a green valley. There are a few undulations before a steep climb back up to the start/finish area. The 4-mile ladies race was over two laps, while the men ran 3 laps (6 miles).

The ladies race was won by Newbury's Susie Bush (23:48). I had a good race to secure my best placing this season (9<sup>th</sup>, 26:26) beating two ladies who usually finish a couple of places ahead of me. Lucy also ran well, finishing 21<sup>st</sup> (28:10), while Gillian (running her first cross-country race) pushed on well during the second lap, to catch and pass her target and finished 131<sup>st</sup> (43:59). Along with Team Kennet's Helen (17<sup>th</sup>) and Jenny (26<sup>th</sup>), we finished as 4<sup>th</sup> team on the day.

The men's race was won by Abingdon's Simon Fisher (32:02). Martin eased into the race steadily, testing out his injury, but then worked through the field for a pleasing 104<sup>th</sup> place (40:00). He was closely followed by Lee, who was a little tired from his high-mileage Marathon training (111<sup>th</sup>, 40:31). Dick enjoyed his run and ran round with a big smile on his face to finish 153<sup>rd</sup> (43:25), while Colin was 194<sup>th</sup> (47:42). With Team Kennet's Nick J (15<sup>th</sup>) and Gavin (65<sup>th</sup>) the team finished 8<sup>th</sup> on the day.

## *Watford Half Marathon, 6<sup>th</sup> February*

5<sup>th</sup> Lady                      Sus                      1:27:38

91<sup>st</sup> Lady                     Phil                     1:43:39

1986 finished the race

## *Stamford Striders 30K, 13<sup>th</sup> February*

**Sus**

It was a blustery windy Sunday and, going out with the wind in our backs, we were competing not only against each other but also against the leaves flying faster on the roads than we could run.

But then we turned around and headed home; oh dear, oh dear this was another matter. Why is there never a broad-shouldered man when you need one? And when he finally turned up you either felt it was a bit naughty tucking behind him or the pace was not quite right. So I had to let him go or overtake him. Never mind, I thought, it cannot get much worse than this, it is excellent training, and as long as I could bag a sub 2:10 I would be happy.

It is a well-organized race which attracts top runners from the whole country. The route itself is hilly and not the most exciting course but fine. But Stamford Town is beautiful so perhaps next year park your beloved in the town, do the race and then rejoin him/her and treat them at one of the many lovely pubs - at least then you will be covered as it always takes place on St. Valentine's weekend.

1<sup>st</sup> Man                      Neil Renault, Edinburgh AC                      1:39:07

1<sup>st</sup> Lady                     Sarah Harris, Long Eaton Running Club                     1:53:57

5<sup>th</sup> Lady                     Sus                      2:08:20

619 finished the race

## *Wokingham Half, 13<sup>th</sup> February*

Martin                      199<sup>th</sup>                      1:28:13

Lucy                         443<sup>rd</sup>                     1:35:04

Pete H                      481<sup>st</sup>                     1:35:36

1<sup>st</sup> man 1:04:10 (Phil Wicks, Belgrave); 1<sup>st</sup> lady 1:13:44 (Liz Yelling, Bedford & County)

2059 finishers

## Winter Tanners 50KM, and Stonehenge Stomp 40KM, January 2011

Pete H

For Harriers looking for a training run with a difference try looking at the LDWA website. The clue is in the name – Long Distance Walkers Association – but although primarily for walkers the two events I entered in January had circa 20% runners taking part. That said, I entered both as a walker as a warm-up to a trekking holiday I'm doing in March. Will this help or hinder my London Marathon preparations? Only time will tell.

First up was the Winter Tanners 50km on 9/1/11 which started and finished in Leatherhead and took in the highest points of the North Downs including Leith and Box hills. In fact I initially entered the 30km option but early on got talking to someone who was doing the longest distance and decided to upgrade en-route as we spent the whole time chatting!

Walkers could set-off any time between 7:30 and 8:30 with runners to start after that. Thus it's not a race, although finishing times are given. Thinking that my running training would make this challenge a doddle, I was surprised to conclude that running the course would have been easier! Walking at speed in order to complete the course in daylight used different muscle groups and, three days after the event, I still had after effects! And the last half hour of the event was under cover of darkness anyway – could have been worse. At around the 30km mark my feet started to swell, fortunately I was wearing a pair of thick woolly socks plus an inner lining sock so was able to discard the former to allow room for expansion. It took 3 days for my feet to return to normal size, not a problem I've encountered running.

Although finishing times were published, these were in the form of an unsortable PDF format. A quick glance suggests my time of 9.5 hours on very hilly terrain was pretty good, in fact I only got overtaken by runners, five of whom I eventually finished in front of. Every checkpoint provided a selection of biscuits, sweets and cold drinks with the final one also laying on hot tea. At £5 to enter (including £2 entry on the day penalty) it was good value.

The Stonehenge Stomp on 30/1/11 was even more of a bargain - £2 to enter. Costs could mount up though, another 50p for a finishing certificate whilst badges were £1! No goodie bags or tee-shirts though. That said, would you ever buy any of the products you get given after a race especially a shirt covered in adverts?

My time of 6.5 hours for 40km reflects the easier terrain of Salisbury Plain. Navigation was also much easier with only one A4 page of course notes compared with three on the North Downs. The former event had no course markings whilst the Stomp did, albeit only after 10km.

Simon will be interested to learn that not a single person was carrying an ipod.

### Bramley 20, 20<sup>th</sup> February

Martin	121 <sup>st</sup>	2:16:33
Lee	312 <sup>th</sup>	2:31:57
Pete H	341 <sup>st</sup>	2:35:31
Lucy	374 <sup>th</sup>	2:38:43

1<sup>st</sup> man 1:48:19 (Simon Plummer, Salisbury); 1<sup>st</sup> lady 2:05:52 (Sarah Jarvis, Bingley Harriers)  
857 finishers

### Meon Valley Plod, 27<sup>th</sup> February

Ryan	23 <sup>rd</sup>	2:48:59
Martin	30 <sup>th</sup>	2:50:41
Lucy	104 <sup>th</sup>	3:20:08
Pete H	220 <sup>th</sup>	3:48:35

1<sup>st</sup> man 2:21:02 (Julian Manning, Denmead Striders); 1<sup>st</sup> lady 2:49:49 (Emma Taylor-Goodby, Midhurst Milers)  
354 finishers

## Winslow 10K, 27<sup>th</sup> February

**Simon**

Until a few years ago the market town of Winslow was probably best known through the Terrence Ratigan play 'The Winslow Boy'. Then it was heavily rumoured that Saint Tony and the Blessed Cherie were interested in purchasing Winslow Hall to add to their burgeoning Buy-To-Let portfolio after Saint Tony retired from his day job as Prime Minister. Fortunately for the good people of Winslow they didn't buy it (not enough room to keep Cherie's coffin, probably), although Winslow's gain was Grendon Underwood's loss, as they bought another stately pile over there.

Ever since those dark days the people of Winslow have re-enacted the events of the time when, on hearing the news that the Blairs might be buying a house in the town, the residents flee in panic into the countryside; then, on receiving the news that they're not buying after all, the residents run back towards the town and rejoice...

I actually heard of this event through the Runner's World "What's On" email to which I subscribe, and I logged on to the Winslow Lions' website to download the entry form. The two-page file includes an entry form, a map of Winslow showing both the race venue at Furze Down School and the town's car parks and a Google Map of the area with the route highlighted on it – all squeezed into a very neat 364Kb pdf. Lovely!

So off I pootled to Winslow on a bright but slightly chilly Sunday morning, parked in the town centre and took a ten-minute stroll to the start. Having filled in the entry form beforehand it was just a matter of handing over my £12 on-the-day entry fee to get a number, which I duly attached to my running vest. As there was still plenty of time for a coffee before the off, I topped up my caffeine levels and watched the hall fill up with other runners.

At 10:20 we were all led round the corner from the school to the start line near a railway bridge – a slight alteration to the planned 'once-round-the-playing-field' start due to heavy rain a few days previously. There was a bit of confusion amongst the runners as to which direction to face but fortunately everyone headed off in the right direction when the whistle signalling the start of the race was sounded.

The route itself was a one-lap anti-clockwise circuit along quiet rural country lanes. They weren't closed to traffic but didn't need to be as I only saw a couple of cars during the whole time. Leaving Winslow, we passed Verney Junction, Sandhills and East Claydon before returning to Winslow and the finish at the school along the Granborough Road. Although gently undulating throughout, the final climb at just after 9K was the steepest, and a bit of a stinger at that.

All in all, a very enjoyable and well-organised event. Finishers are awarded a t-shirt and they were available in a variety of colours although, as they don't have a date on, I suspect that the colour-choice was as a result of having some left over from previous events. Nevertheless, it was a very pleasant run in some very pleasant countryside and if you're ever up this way in late February I'd recommend it.

The results were available on the Winslow Lions' website within a matter of hours. First home was Charlie May of Vale of Aylesbury AC in a time of 33:52, followed by Simon Fawcett from Bedford Harriers in 34:19 and Karl Spielmann (unattached) in 34:27; first lady home was Hannah Turner from Harpenden Aro Runners in 40:33, followed by Julia Austin from Vale of Aylesbury AC in 42:11 and Wendy Clark from Shenley Striders in 42:45.

I finished in 148<sup>th</sup> place in a slightly worse-than-hoped-for 52:45 although, having contracted Hannah's cold and chesty cough a few days earlier, I guess it was ok in the circumstances. There were 238 finishers in all, last of whom was Alison Combe in a very plucky 1:32:06.

## Handicap Race

### Sue

Eleven runners faced the starter for February's Handicap Race. After a day of heavy rain, the evening was quite pleasant. Lucy and I, both nursing niggling injuries resulting from the Cirencester x-country race, decided to 'race-walk' the route and we set off first. I say race-walk, but neither of us quite had the style – mine was just a fast walk, and Lucy's action looked rather strange from behind, but was nevertheless more effective than mine! We were able to watch the race unfold as the runners gradually caught and passed us. For Colin, this was his second attempt at the Handicap Race – last time, he took an accidental detour via Compton Church. He had no such problem this month and led the runners from start to finish, with a winning margin of over 1 minute. The other runners Peter L continued his return to form to take 2<sup>nd</sup> place. A good P.B. for Terry secured him 3<sup>rd</sup> place, while Martin set the evening's fastest time to take 4<sup>th</sup>. Steve, Dick, Pete H and Richard followed in close succession. Lucy won the walking race, while Mo passed me on the finishing straight. Well done Colin, and thanks to Jan for timing. The next Handicap Race is scheduled for Thursday 17<sup>th</sup> March (Village Lap route).

Finish Position	Position on handicap	Name	Start time	Finish time	Actual time	Handicap Beaten?
1	1	Colin	2:00	16:33	14:33	-1:27
2	2	Peter L	4:34	17:38	13:04	-0:22
3	3	Terry	5:33	17:45	12:12	-0:15
4	4	Martin	6:24	17:54	11:30	-0:06
5	5	Steve	3:41	18:02	14:21	+0:02
6	6	Dick	4:58	18:06	13:08	+0:06
7	8	Pete H	4:52	18:13	13:21	+0:13
8	9	Richard	5:20	18:14	12:54	+0:14
9	10	Lucy	0:11	20:54	20:43	-
10	7	Mo	2:08	21:12	19:04	+0:12
11	11	Sue	0:11	21:20	21:09	-

After two races in the 2011 Handicap Championship last year's winner, Mo, is leading by 1 point from Peter and Dick.

Pos.	Name	Race points									Total
		Race 1	Race 2	Race 3	Race 4	Race 5	Race 6	Race 7	Race 8	Race 9	
1	Mo	10	5	-	-	-	-	-	-	-	15
2=	Peter L	4	10	-	-	-	-	-	-	-	14
2=	Dick	8	6	-	-	-	-	-	-	-	14
4	Sue	12	1	-	-	-	-	-	-	-	13
5=	Colin	-	12	-	-	-	-	-	-	-	12
5=	Steve	5	7	-	-	-	-	-	-	-	12
7=	Pete O	9	-	-	-	-	-	-	-	-	9
7=	Terry	-	9	-	-	-	-	-	-	-	9
7=	Lucy	7	2	-	-	-	-	-	-	-	9
10	Martin	-	8	-	-	-	-	-	-	-	8
11	Gillian	6	-	-	-	-	-	-	-	-	6
12=	Pete H	-	4	-	-	-	-	-	-	-	4
12=	Maggs	4	-	-	-	-	-	-	-	-	4
14	Richard	-	3	-	-	-	-	-	-	-	3



**[Website update... http://www.comptonharriers.org.uk](http://www.comptonharriers.org.uk)**

**Mo**

***Links of interest this month:***

When you are searching for some of the longer distance races, don't forget to use the 'Global Events' link on the menu bar of the website. Running Calendar lists events all around the world, but it also has a very comprehensive listing for UK events. The actual site address is <http://www.runningcalendar.eu>

If you want to take the recent debate on running to music a step further (pun intended of course), then I suggest a visit to the 'Audio Fuel' website at <http://www.audiofuel.co.uk/shop/race/training.html> AudioFuel aspires to help you run to varying beats and rhythms and so experience distinct changes in pace linked to the number of BPM (Beats per Minute); claiming that running at different BPM paces is a highly effective way to build your aerobic capacity and your running economy to make you a stronger, fitter, faster runner. I have listened to clips of the various training tracks and they may have a point ... as long as you don't try to keep up with the additional drum rolls interspersed at intervals within the tracks.

For any of us who are starting to think we are getting 'past it' and finding it harder to keep the enthusiasm going as we gradually leave our youth behind, then for inspiration I suggest reading about John Dawson and the power of the human spirit! Follow this link to Running Fitness magazine and turn to page 48 to read about his remarkable achievements; <http://goo.gl/szCJX>

***Forthcoming Events as listed on the Website Events Calendar:***

<b>Date</b>	<b>Time</b>	<b>Event</b>
Sat 05 Mar 2011	9:00 am	The 21st Annual Belvoir Challenge (15 or 26 Miles)
Sun 06 Mar 2011	8:30 am	Steyning Stinger ½ & Full Marathon
	10:00 am	Oxford Mail X-C Race 5
	11:00 am	Goring 10k
	11:30 am	Long Mynd 11.5 miles
Sat 12 Mar 2011	11:00 am	Reading St Patrick's 5 Mile Scurry
Sun 13 Mar 2011	9:30 am	SURREY SPITFIRE 20 MILE 2011
	10:30 am	Milton Keynes Half Marathon
	10:30 am	Salisbury 10 mile
	10:30 am	Gloucester 20
	10:30 am	Banbury 15
	11:00 am	Tadley Runners XC 5.3
Sun 20 Mar 2011	10:00 am	Reading half marathon
	10:15 am	Water of Life 10k
	11:00 am	The Farmyard Frolics 10K
Sun 27 Mar 2011	10:00 am	Eastleigh 10K
	10:30 am	Cold Ash Family Fun Run (1mile, 3miles & 6miles)
Sun 03 Apr 2011	11:00 am	Brill Hilly 10k
	2:00 pm	Combe Gibbet to Overton 16 Mile X-C
Sun 10 Apr 2011	8:45 am	Paris Marathon
	10:00 am	White Horse ½ Marathon
	10:00 am	Highworth 5 mile
Sun 17 Apr 2011	9:30 am	London Marathon
Fri 22 Apr 2011	9:30 am	Maidenhead Easter 10 mile
Sat 23 Apr 2011	9:00 am	15th Compton Downland Challenge
Sun 01 May 2011	11:00 am	30th Glastonbury Road Runs

Date	Time	Event
Mon 02 May 2011	12:15 pm	Chalgrove Festival 10K
Sat 07 May 2011	8:00 am	Ridgeway 40mile walk/run
Sun 08 May 2011	9:30 am	Marlow 5
	10:00 am	10 <sup>th</sup> Hairy Legs Challenge
	10:30 am	Shiplake Scramble 10k
Sun 14 May 2011	9:00 am	Marlborough Downs Challenge
	10:30 am	Shuttleworth 5 Mile Trail Race
	11:00 am	Pewsey Vale RC Bluebell 12K
Sun 05 June 2011	11:00 am	Wallingford 10K Thames Run
Sun 19 June 2011	07:30 am	22 <sup>nd</sup> Ridgeway Relay
Sun 26 June 2011	10:00 am	North Devon Marathon
Sun 17 July 2011	9:30 am	Wycombe ½ Marathon & 10K